

# everyday

## health



www.fourcorners.ne.gov

2101 N. Lincoln Ave., York, NE

(877) 337-3573

October 2019

### No-Bake Pumpkin Oatmeal

#### Energy Balls

*Ready in 5 minutes  
Yields about 20 balls*

- 1 1/2—2 cups dry, uncooked oatmeal
- 1/2 cup peanut butter or other nut or sun butter
- 1/2 cup pumpkin puree
- 1/2 cup chia seeds
- 1/4 cup honey
- 1 tsp vanilla extract
- 1/2 tsp cinnamon or pumpkin pie spice
- 1/2 cup mini dark chocolate chips



1. In a medium bowl, add 1 1/2 cup oats, peanut butter, pumpkin, chia seeds, honey, vanilla, and cinnamon. Stir to combine well. You want the mixture to be soft, but not too sticky. If you pick up a generous spoonful, it should stick together when rolled but still feel tacky on your hands. You may need to add up to a half cup more oats and stir until you reach the desired consistency.
2. When the mixture is workable, add the chocolate chips and stir to combine. Scoop a large spoonful into your hand and roll into balls. Repeat with the remaining dough. Keep these in the fridge for up to a week, or in the freezer for much longer.

Nutrition information for each ball: Calories 136, Fat 6.2g, Cholesterol 0mg, Sodium 28.5mg, Carbohydrate 17.5g; Sugars 7.6g, Protein 4.2g

Source: <https://www.blessthisessplease.com/no-bake-pumpkin-oatmeal-energy-bites/>

### Keep Family Meals Simple

- ♦ Set a regular time for family meals.
- ♦ Start or keep a routine of eating at the table.
- ♦ Turn the TV off during mealtimes. Phones too!
- ♦ Make mealtime a happy time! Let everyone at the table talk about their day.
- ♦ Eat together as a family for at least one meal a day. Change it up and try a picnic for dinner.
- ♦ During dinner, talk about fruits and vegetables. Find out the family favorites.
- ♦ Set reasonable limits for the start and end of a meal time.
- ♦ Try to keep family meals fun. Include children in the meal prep and in the decision about what foods will be offered for dinner. Children feel important if their input is valued.
- ♦ Choose after-school activities carefully to protect the dinner routine for most days of the week. Make shared family meals a priority.
- ♦ Set specific mealtimes by writing them on the calendar. Let everyone in the family know when dinner is served and when they must be home.

Source: <http://www.nourishinteractive.com/healthy-tips/categories/3-healthy-family-mealtime-tips>

**Eat more fruits and vegetables...so they will too!**

**Be Choosy Be Healthy**



[fourcorners.ne.gov](http://fourcorners.ne.gov) / [choosykids.com](http://choosykids.com)



### Be Active at Work

Ask a coworker to be your “work out at work” partner. Remind and support each other to move more throughout the day. You’ll keep each other accountable and motivated!

**For more tips, go to:** <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-be-more-active-at-work>



## Stress Management Corner

We all want to be healthy – physically and mentally. For Mental Health Month in October, do a check-in on your mental health. Access a long list of helpful tools at Mental Health America's website:

<https://www.mhanational.org/self-help-tools>

### These are some of the tools you will find:

- Anonymous screening for symptoms of a mental health concern, including depression, anxiety, bipolar disorder, eating disorders, and alcohol or substance use problems.
- Online Stress Test

### Where to Get Help

You also can get free worksheets on many topics, including:

- Keep your Mind Grounded
- Think Ahead
- Stopping Stupid Thoughts
- And More



Buzzed driving is drunk driving.



## App of the Month – Meal Planning

# mealime



<http://www.mealime.com/>

Mealime (not a typo) is designed around planning family or guest meals the easy way. Create profiles for everyone who will be enjoying your cooking, including likes, dislikes, general eating habits, allergies, and so on.

You also can create profiles for couples or whole families to make planning a little easier. You then can look for recipes that match all those requirements. Pick one, get full instructions and then automatically add the necessary ingredients to your grocery list. Most recipes are focused on fast prep times around 30 minutes.

Source: <https://www.digitaltrends.com/mobile/best-meal-planning-apps/>



**red flashing lights**  
+  
**extended stop arms**  
=  
**STOP YOUR CAR**

You must wait until the lights stop flashing, the extended stop-arm is withdrawn and the bus begins moving before driving.

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES